

Schema therapy

Questions About a Recurring Pattern in Schema Therapy

Adults | 10 to 15 minutes

Schema therapy uses a model of recurring beliefs, emotional patterns, and coping responses. This page supports a conversation about that model; it does not identify your schemas or ask you to revisit painful memories. You may use ordinary language instead of model-specific labels.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Start with a current example

Describe a situation where a familiar expectation appears, such as expecting your needs to be dismissed. Note what you do next and whether the response helps in the short term while creating a later cost.

Clarify the proposed work

Ask how the clinician would develop a formulation with you, what methods may be offered, and how consent and pacing work. Experiential methods, imagery, or chair work should be discussed before participation rather than assumed to be required.

1. What current situation brings up a familiar expectation about yourself or others?**2. What response follows, and what are its immediate benefit and later cost?****3. What need or more flexible response would you like help understanding?****4. What questions do you have about the clinician's approach, training, consent, and pacing?****Clinical use and adaptation**

Use this as model-informed preparation, not a schema inventory or full therapy protocol. Avoid suggestive memory questions and assigning modes or schemas as facts. Assess suitability for experiential work and respect cultural meanings and opt-out preferences.